

## Insertion

## Action

Ant. & lateral surfaces of radius - above oblique line.

Supinates forearm.

Base of 2<sup>nd</sup> phalanx of thumb.

Extends & abducts thumb & hand.

Base of 1<sup>st</sup> phalanx of thumb.

Extends & abducts thumb & wrist.

Base of 1<sup>st</sup> metacarpal

Abducts thumb

1<sup>st</sup> phalanx of index finger

Extends index finger.

Base of 5<sup>th</sup> metacarpal.

Extends & adducts hand.  
Extends & supinates forearm.

Base of phalanges of little finger.

Extends little finger - hand & forearm.

Base of 3<sup>rd</sup> metacarpal.

Extends & abducts hand.  
Extends & supinates forearm.

Base of 2<sup>nd</sup> metacarpal.

Extends & abducts wrist.

2<sup>nd</sup> & 5<sup>th</sup>.

Extensor.



# Hand

Muscle	Origin
<u>Thenar group</u>	
Abductor Pollicis Brevis.	<sup>trapezoid</sup> Trapezoid & <del>transverse</del> <del>carpal ligament?</del>
Opponens.	<sup>trapezoid</sup> <del>tr. multangularis</del> <del>bone</del>
Flexor Pollicis Brevis	Trapezium, trapezoid & Capitate
Adductor Pollicis Brevis	<sup>trapezoid</sup> Trapezium + capitate 2 <sup>nd</sup> & 3 <sup>rd</sup> met.
<u>Opponens - Thenar group</u>	
Abductor Digiti Quinti	Pisiform bone.
Flexor Digiti Quinti Brevis	Hook of hamate.
Opponens Digiti Quinti.	Hook of hamate.
<u>Interossei</u>	



## Insertion

## Action

Styloid process of radius.	Flexes, supinates & pronates humerus in glenoid fossa.
Outer surface of radius.	Pronates forearm.
Base of 2 <sup>nd</sup> metacarpal.	Flexes elbow & wrist. Abducts wrist.
By 4 tendons to terminal end of middle phalanx & 5 <sup>th</sup> metacarpal.	Flexes phalanges & wrist. Abducts - flexes wrist.
Palmar fascia.	Flexes wrist.
By 4 tendons to base of last phalanx.	Flexes 1 <sup>st</sup> phalanx & wrist.
Last phalanx of thumb.	Flexes thumb.
Inner part of front of radius.	Pronates forearm.
By 4 tendons to 2 <sup>nd</sup> phalanx & olecranon to 3 <sup>rd</sup> .	Extends phalanges & hand.
Middle & peripheral phalanges of 1 <sup>st</sup> finger.	Extends 1 <sup>st</sup> finger.



# Forearm + Wrist

- Deep -

Muscle

Origin

Supinator

lateral epicondyle  
+ crest of ulna.

Extensor Pollicis  
Longus

Middle  $\frac{1}{3}$  of dorsal  
lateral surface of ulna.

Extensor Pollicis  
Brevis

Middle  $\frac{1}{3}$  of dorsal -  
medial surface of radius

Abductor Pollicis  
Longus.

Middle  $\frac{1}{3}$  of back of  
radius + ulna below  
oblique line.

Indicae Profunda.

dorsal ulna.

Superficial.

Extensor Carpi Ulnaris

Dorsal surface of ulna  
+ lateral epicondyle.

Extensor Digiti Quinti  
~~Profunda~~

lateral condyle of  
humerus.

Extensor Carpi  
Radialis Brevis

lateral condyloid  
of humerus.

Extensor Carpi  
Radialis Longus

lower  $\frac{1}{3}$  of lateral  
condyloid ridge  
of humerus.

Digitum communis

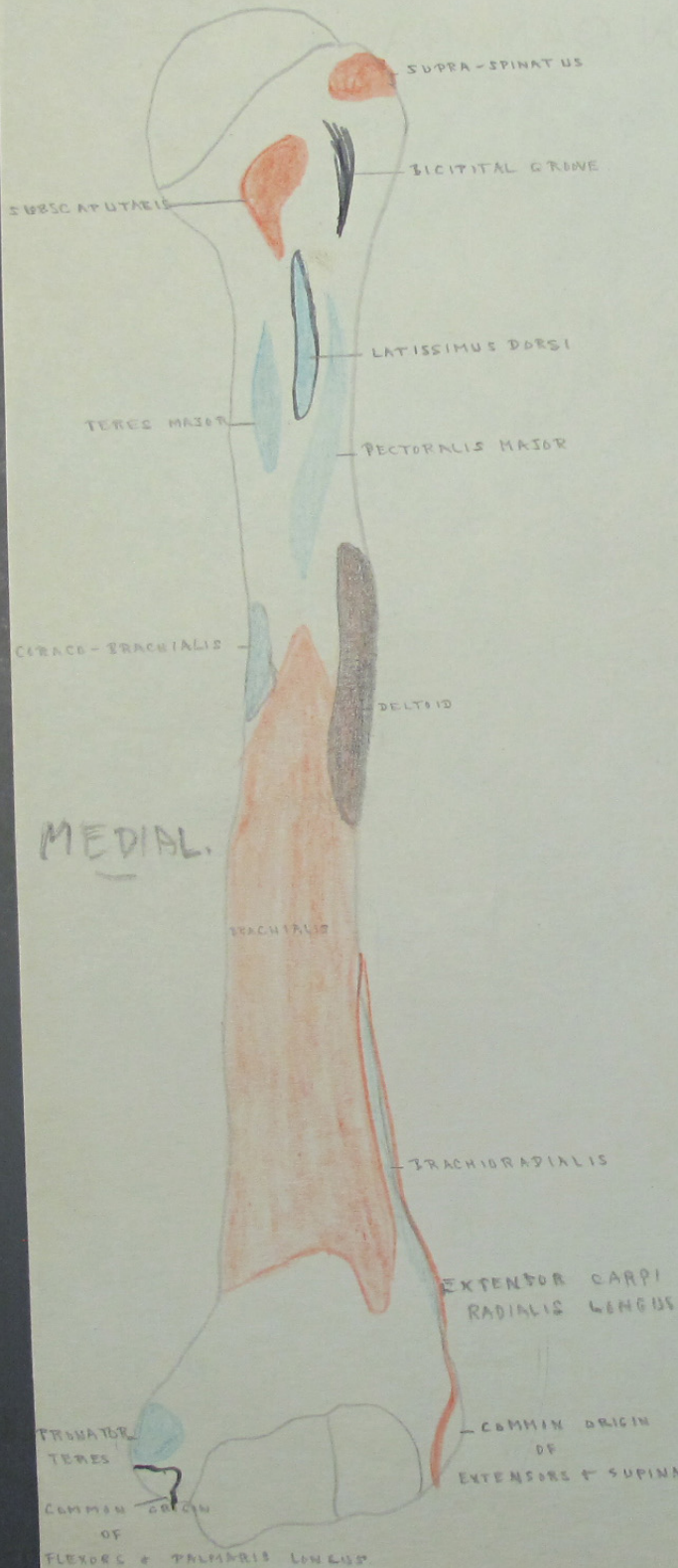
et.

D. - R.

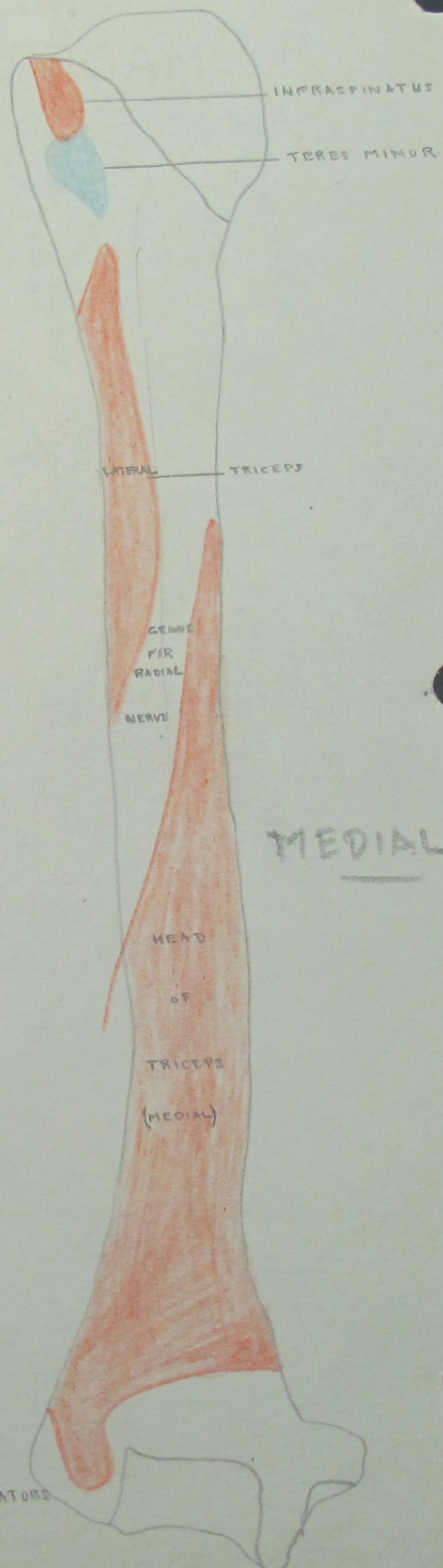


# LEFT HUMERUS.

ANTERIOR



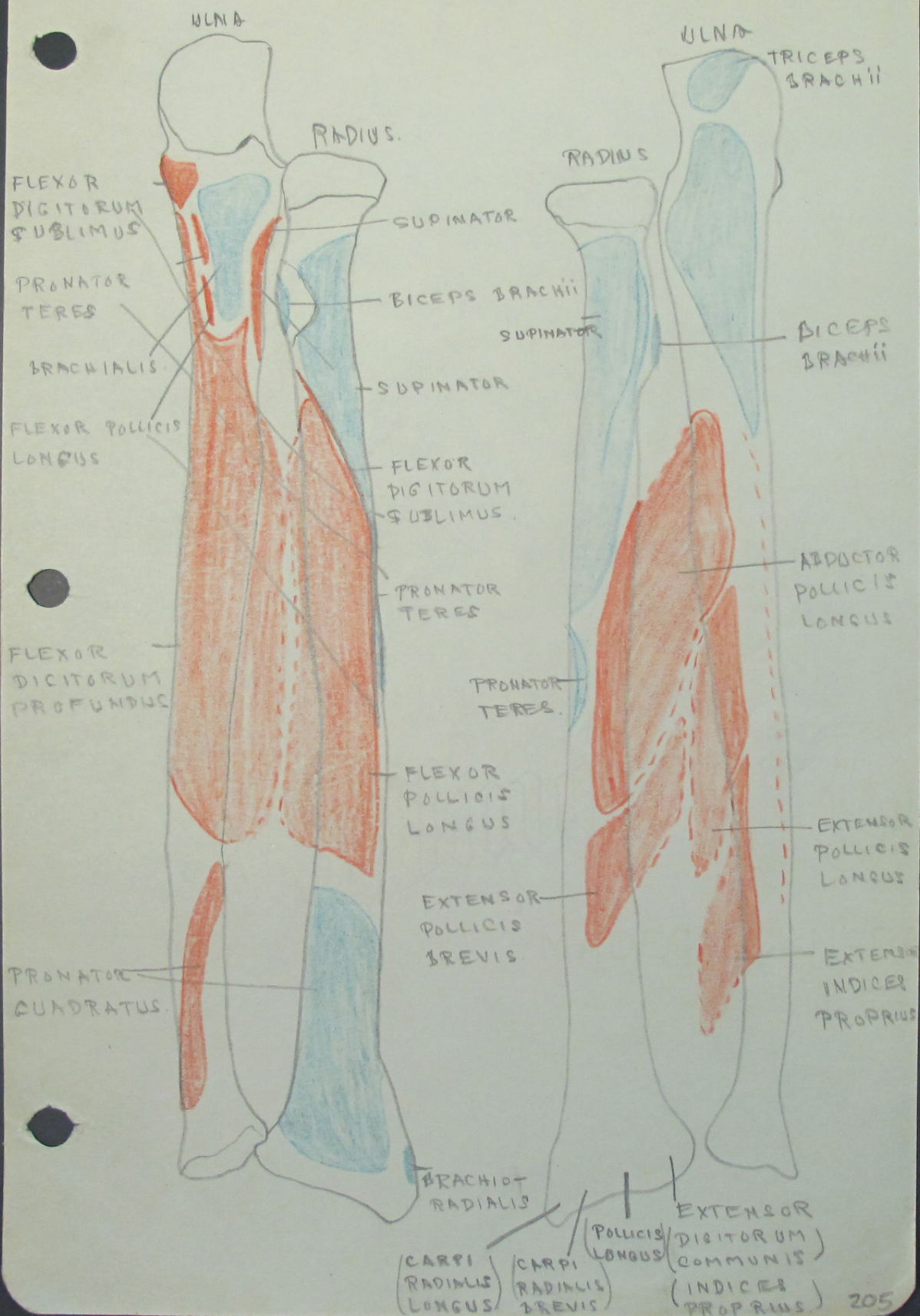
POSTERIOR



MEDIAL

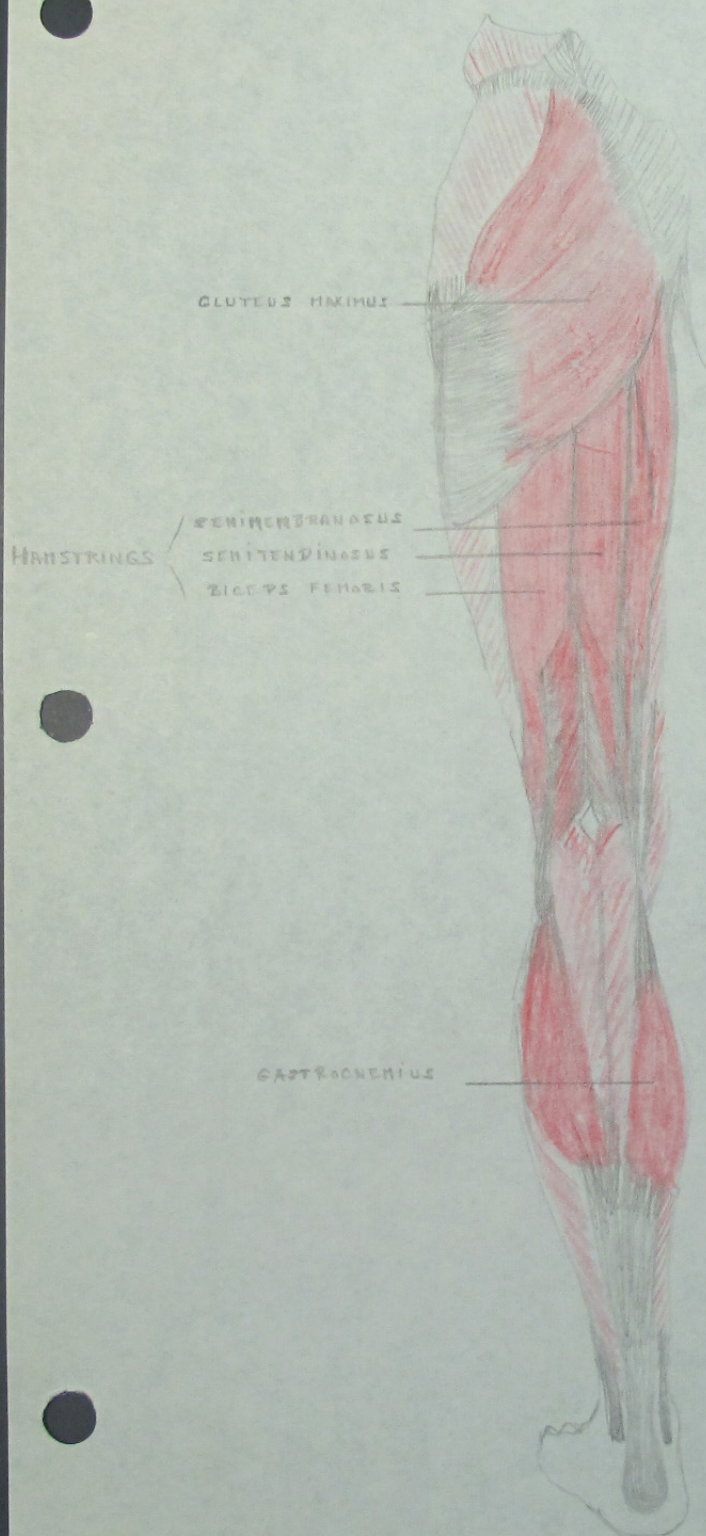
MEDIAL





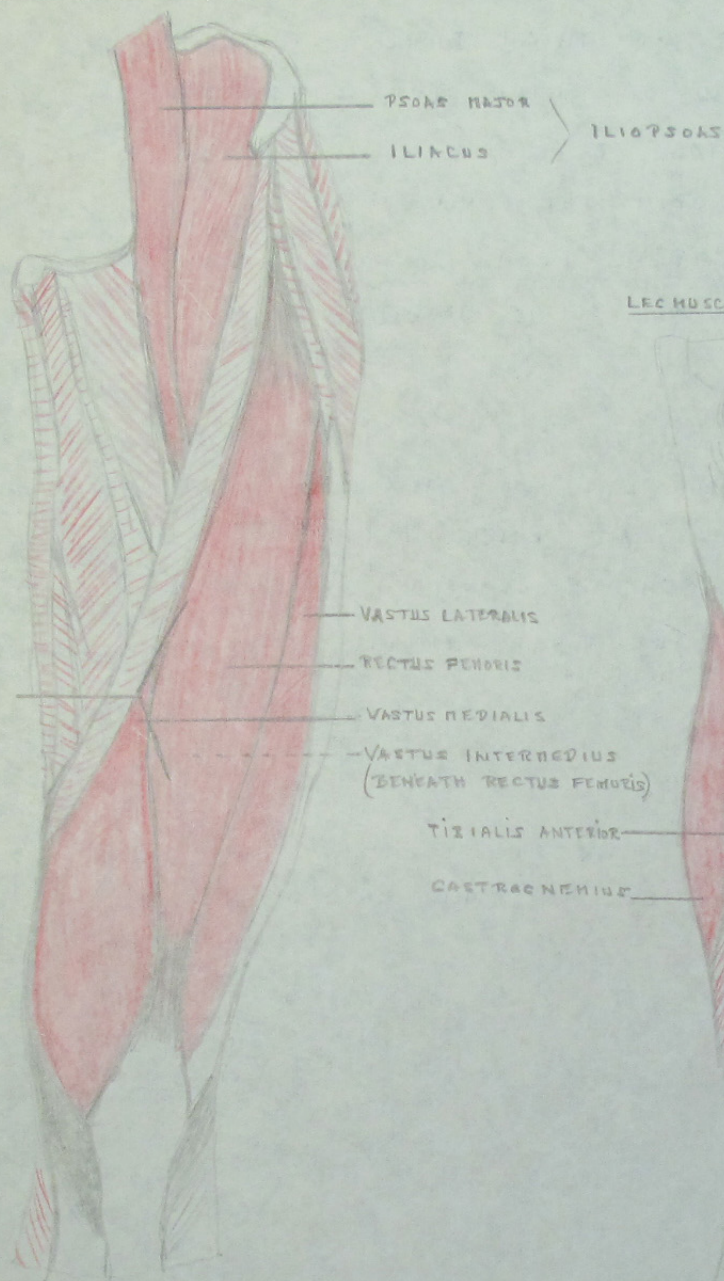


SUPERFICIAL MUSCLES OF INFERIOR EXTREMITY (DORSAL VIEW)

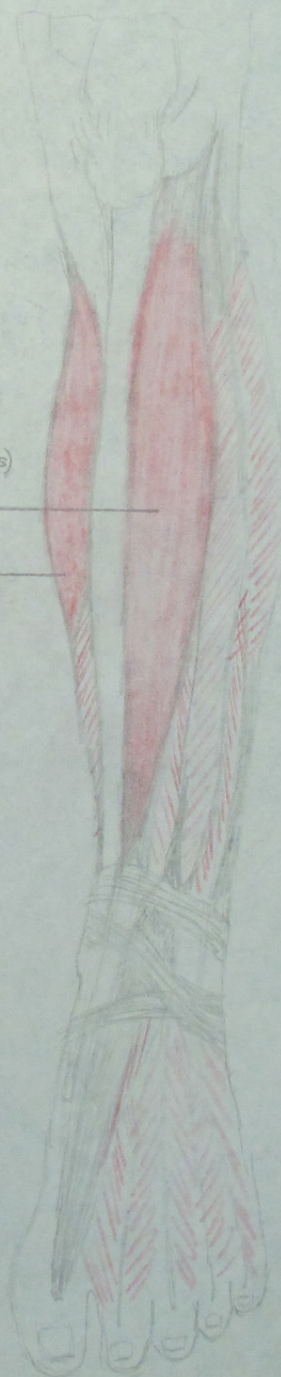




SUPERFICIAL MUSCLES OF THIGH (ANTERIOR VIEW)



LEG MUSCLES (ANTERIOR VIEW)





### GLUTEUS MAXIMUS

- 1) EXTENDS + ROTATES THIGH LATERALWARD.
- 2) ABDUCTOR OF THIGH DURING FLEXION  
ADDUCTOR OF THIGH DURING EXTENSION
- 3) WHEN THIGHS ARE FIXED - SUPPORTS PELVIS + TRUNK UPON THE FEMUR.
- 4) RAISES TRUNK FROM STOOPING POSITION TO ERECT BY DRAWING PELVIS BACKWARD.

### HAMSTRINGS

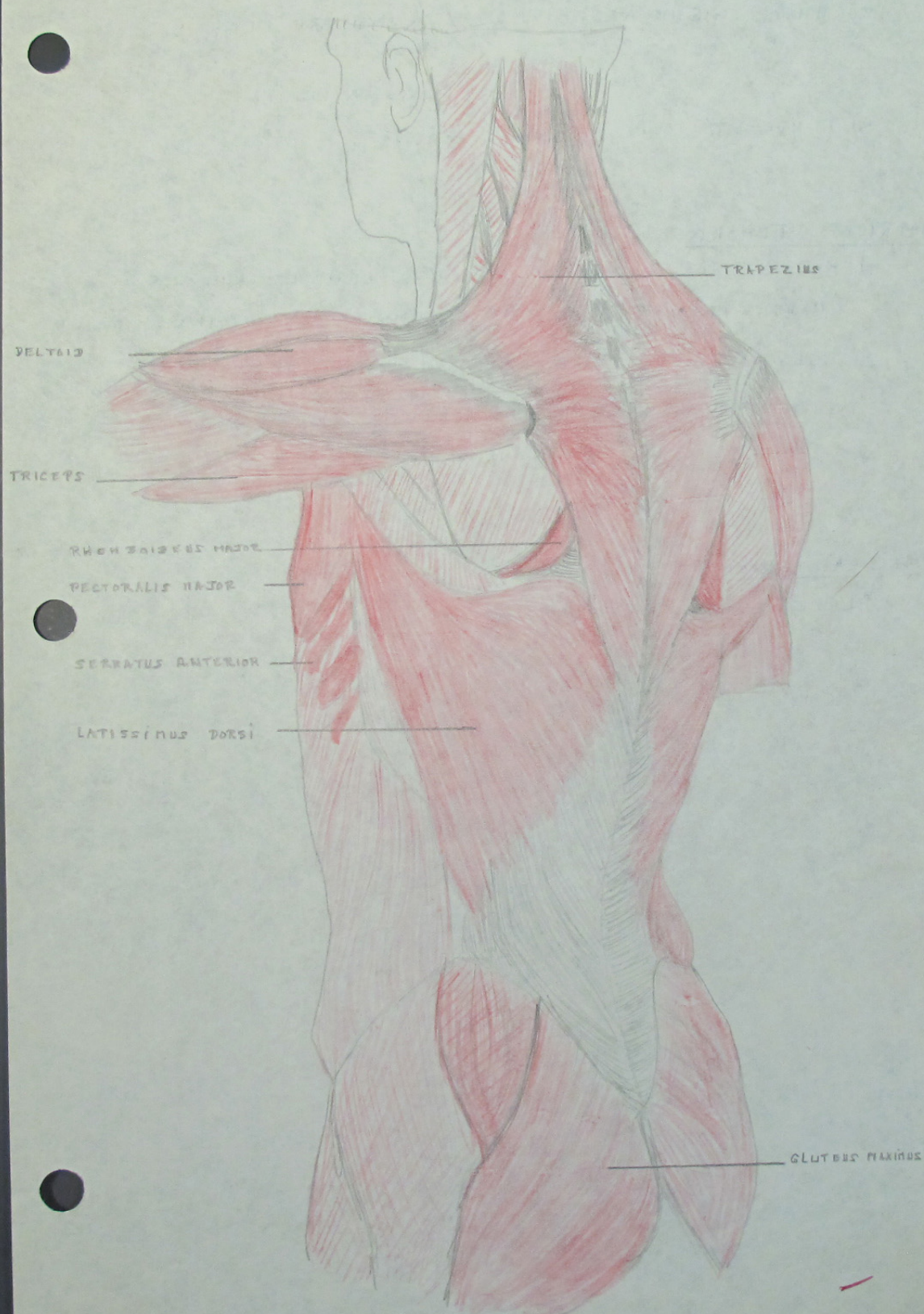
- 1) ADDUCT AND EXTEND THIGH AT THE HIP-JOINT.
- 2) FLEX LEG AT KNEE-JOINT.
- 3) ROTATE THIGH MEDIALWARD + LATERALLY.
- 4) WHEN LEGS ARE FIXED - PELVIS IS SUPPORTED UPON THE FEMUR.

### GASTROCNEMIUS.

- 1) EXTENDS FOOT, INVERTS FOOT.
- 2) FLEXES THE LEG AT THE KNEE-JOINT.



SUPERFICIAL MUSCLES OF BACK







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